group consisting of a buffer to maintain the pH of said composition, a pharmaceutically acceptable thickening agent, a humectant, and a pharmaceutically acceptable surfactant, and combinations thereof.

3. A pharmaceutical composition according to claim **2** further comprising one or more pharmaceutical excipients.

4. A pharmaceutical composition according to claim **3** further comprising a pharmaceutically acceptable preservative.

5. A pharmaceutical composition according to claim **2**, wherein said buffer is selected from the group consisting of acetate, citrate, and phosphate buffers.

6. A pharmaceutical composition according to claim **2** wherein said thickening agent is selected from the group consisting of methyl cellulose, xanthan gum, carboxymethyl cellulose, hydroxypropyl cellulose, carbomer, and mixtures thereof.

7. A pharmaceutical composition according to claim **2** wherein said humectant is selected from the group consisting of sorbitol, propylene glycol, glycerol, and mixtures thereof.

8. A pharmaceutical composition according to claim **2** wherein said surfactant is selected from the group consisting of polyoxyethylene derivatives and fatty acid partial esters of sorbitol anhydrides.

9. A pharmaceutical composition according to claim **2** wherein said surfactant is selected from the group consisting of sodium lauryl sulfate, Tween 80, Polyoxyl 40 Stearate, Polyoxy ethylene 50 Stearate, fusieates, bile salts, and Octoxynol.

10. A pharmaceutical composition according to claim **2** wherein said surfactant is selected from the group consisting of anionic, cationic, and nonionic surfactants.

11. A pharmaceutical composition according to claim **2** further comprising a bioadhesive.

12. A pharmaceutical composition according to claim **11** wherein said bioadhesive is selected from the group consisting of starches, polyvinyl alcohol, chitosans, gums, and acrylates.

13. A method of preventing and/or treating upper respiratory infections, in a mammal in need thereof comprising nasally delivering to the mammal an active agent consisting essentially of xylitol in a pharmaceutically acceptable carrier suitable for nasal delivery.

14. A method according to claim **13** wherein said carrier comprises a buffer to maintain the pH of said composition, a pharmaceutically acceptable thickening agent, a humectant, and a pharmaceutically acceptable surfactant.

15. A method according to claim **14** further comprising one or more pharmaceutical excipients.

16. A method according to claim **15** further comprising a pharmaceutically acceptable preservative.

17. A method according to claim **14** wherein said buffer is selected from the group consisting of acetate, citrate, and phosphate buffers.

18. A method according to claim **14** wherein said thickening agent is selected from the group consisting of methyl cellulose, xantham gum, carboxymethyl cellulose, hydroxypropyl cellulose, carbomer, and mixtures thereof.

19. A method according to claim **14** wherein said humectant is selected from the group consisting of sorbitol, propylene glycol, glycerol, and mixtures thereof.

20. A method according to claim **14** wherein said surfactant is selected from the group consisting of polyoxyethylene derivatives and fatty acid partial esters of sorbitol anhydrides.

21. A method according to claim **14** wherein said surfactant is selected from the group consisting of sodium lauryl sulfate, Tween 80, Polyoxyl 40 Stearate, Polyoxy ethylene 50 Stearate, fusieates, bile salts, and Octoxynol.

22. A method according to claim **14** wherein said surfactant is selected from the group of anionic, cationic, and nonionic surfactants.

23. The method of claim **13** wherein the dosage rate of the medicament administered to a host is in the amount of from 1 mg to about 10 g.

24. The method of claim **13** wherein the medicament contains concentrations of xylitol in the range of from about 0.001% to about 10% by weight.

25. The method of claim **13** wherein the administration rate comprises administrating said medicament at a rate of about once daily to about 4 times per day.

26. A method according to claim **13** wherein said upper respiratory infection is otitis media.

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